

Warren SENTINEL



Check
out this
week's
comic



Separating?
Try IMA

How to don a gas mask

Commentary

Sometimes it's all about your perspective

Staff Sgt. Andeelynn Owens
341st Space Wing Public Affairs

Recently I had the distinct pleasure of interviewing two Malmstrom NCOs who had each been presented the Bronze Star medal for their courageous actions in a war zone. Not only was it amazing to hear of their accounts first-hand, but it was also a time for us to share war stories from our work in support of Operation Iraqi Freedom.

If you talk to someone who recently returned from a deployment he or she will have a favorite war story to tell and a "biggest lesson learned." When Master Sgt. Eric Okonski, Tech. Sgt. Daniel Andrews and I sat talking, we agreed on what we considered our "biggest lesson learned" in Iraq and that was simply: perspective, or what really matters.

Let me paint a picture for you.

After more than 16 hours on your feet in 120 degree heat, you flop on your bed exhausted, thanking God that the air conditioning is working. With no immediate plans other than to down a bottle of luke-cold water and log a few hours of sleep before you have to wake up in the morning and put your body armor back on for another 16 hour day, you fall asleep.

About an hour into your slumber you're jolted awake by the bellowing of the loud speaker screaming for you

to take cover because a misled insurgent decided to park his car across the Tigris River and randomly lob mortars at you, your friends and your fellow Airmen, Soldiers, Sailors and Marines.

Then you sit quietly in the dark while you listen to mortar rounds land on all sides of you. You just pray that today isn't your day and try to remember if you told your mom you loved her yesterday on the phone. Now at this point I ask you, what really matters?

————— Perspective. page 3



Hoops Shots

This week finds me TDY again – this time attending the AFSPC Commanders' Conference where we'll hear the latest happenings in our business from our senior leadership. That means there were few opportunities for me to get out and about where I get my best inspiration for this column. So, let me use this pause of sorts to catch up on some of the many notes I receive highlighting our terrific people.

An important part of being a great partner is the outreach our base has with the surrounding community. Obviously parades are the most visible, but we interface with our neighbors in so many, less splashy ways. For example, our **Honor Guard** represents our military, Air Force and base in an exceptional manner. Most recently they spoke with children at Buffalo Ridge Elementary about the meaning of Veteran's Day and then wowed them with a new five-man drill presentation. It was a huge hit and I salute **2nd Lt. David Tervin** and **Senior Airman Scott Weimer** for their outstanding work.

Another nice note came in from the Platte County home schoolers. Over 50 home schooled children took a base tour and received briefings on our various missions. Praise was especially given to **Ms. Paula Taylor** and her **Mighty Museum staff**, **1st Lt. Stephanie Hernandez**, **400 MS**, and **Lt. Huston**, **319 MS**, **Staff Sgt. Christopher Wright** and our military working dog **Juma**, her handler, **Staff Sgt. Paul Everasley** and **Lt. Arthur Menke** and **Master Sgt. Charles White**, **MOS** for their tours of U1 and U2. In the words of the tour's organizer, "we will always be able to share with others the safety we feel and the pride we have in our military." It doesn't get much better than that – well done!

Our own **Capt. (Dr.)**

Heather Cassell of the **Mighty Medics** made her mark in a different kind of outreach by participating with **Governor Dave Freudenthal** on a juvenile drug-use panel as part of Red Ribbon Week. Often the military is looked upon as role models to our nation's youth. I've heard many times from troops all across Team Warren that when they go home in uniform people look up to them more and they feel more like they are part of something big. Many thanks for helping with this panel and reaching out to our young people!

Of course there can't be much public interface without a **Public Affairs** office and ours is the best in the business. In particular, our own **1st Lt. Nicole Walters** received high kudos from **Maj. Gen. Frank Klotz** for her sustained level of excellence on a series of tough and visible issues. A portion of that teamwork and expertise was on display in the video presentation that kicked off last week's Wingman Day – where we highlighted that **Life Is A No Lone Zone**. With very short notice they put together an exceptional product. Helping them were: **Airman Eric Mason** and **Master Sgt. Yvonne Miller**, **MDG**, **Airman 1st Class Phillip Boyd**, **Airman Edwin Arvelo**, **Tech. Sgt. David Downey** and **Master Sgt. Scott Scheffey**, **SFG**, **Airman 1st Class Jennifer Valliere**, **Lts Felicia Jefferson** and **Colleen Carey** and **Capt. Nadine Lynn (OG)**; **Master Sgt. Charles White** Chief **Master Sgt. David Norman**, **Lt. Col. Larry Martin** and **Senior Airman Lundy Garlic**, **MXG**, **Airman 1st Class Eddie Winkley**, **LRS**, and **Mark Crabtree** and **Cindy Green(VI)**. Thanks for reminding us that we must always serve each other even as we serve the Air Force.

--Col. Hoops

—Warren— SENTINEL

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On the Cover



Photo By Airman First Class Connor Elayan

The Warren Honor Guard proudly marches the colors along the main drag in Torrington, Wyo. Saturday. Warren participated in several Veteran's Day celebrations in support of local communities.

Briefs

Blue to Green briefing

Under the recent Force Shaping, Phase II Program, our Air Force is looking to reduce our force by 18,000 enlisted and 4,000 officers by the end of fiscal year 2005. While the Air Force is reducing their forces, the Army is increasing their's. This program allows many Airmen a chance at a new career while remaining in the military. The Air Force separation office and the Army recruiting command hold briefings every Wednesday at 3 p.m. in building 232. Come to learn about the details of the program. For more information, call U.S. Army Capt. Andrew Montoya at 778-7640.

Flu Vaccines

The information the 90th Medical Group receives regarding flu vaccines changes daily, we have provided a number for flu vaccine updates. The local number is 773-2170. For national updates, call the Center for Disease Control at 1-800-CDC-INFO.

Get the Scoop

The 90th Space Wing's Straight Talk line is your source for current Force Protection conditions or other important happenings at F.E. Warren. Call extension 2222 to listen to recorded messages (or 773-2222 if dialing from off-base.) This is an alert notification tool only, caller should not leave messages at this number.

CE Readiness review

How do you put on a gas mask? Can you make a tornado shelter?

Senior Airman Kelley Donovan
Civil Engineer Squadron

How to don a protective mask in 10 easy steps ...

1. Stop breathing
2. Close eyes tightly
3. Take a knee or sit
4. Place chin in chin-cup of mask
5. Pull harness over head with quick-don tab
6. Tighten bottom set of straps
7. Clear mask by breathing out
8. Check for seal by placing hand over inlet on filter and breathing in
You should feel pressure inside the mask
9. Pull hood over head and attach under arms
10. Perform buddy check of

mask and hood configuration

Remember

Females must tuck hair into jacket.

Glasses and contacts cannot be worn; wear inserts instead.

Place two fingers on front voicemitter whenever anyone touches your mask.

Tornado and HazMat Shelters

Do you know where to go in case of a hazardous materials incident or natural disaster that requires sheltering? In most cases you will shelter in-place. You will only evacuate if it is unsafe to stay where you are. Every building on base has a room designated as the in-place shelter for that building. When you shelter for contamination, you

should close off the doors and windows with plastic, duct tape, and towels to prevent any fumes from getting in. You must also shut off the utilities at least to that room. The facility manager is also the shelter manager, and should know where the utility cut-off is located. For tornadoes and other natural disasters the best place to shelter is in a central room on the first floor in below ground level, but for hazardous materials it is safer to shelter in upper floors because vapors will settle. Make sure you are familiar with your shelter and procedures for sheltering.

Make a Personal Shelter Kit

Every home should have an emergency supply kit in case of disaster. You should

stock food and water for at least three days. You should create a checklist that includes supplies needed and necessary actions to avoid confusion and forgetting. If there is contamination, you will need to find a way to protect yourself from harmful fumes. You may need to improvise by using towels, bandanas, or other items to cover your nose and mouth. You will also need to protect all exposed skin. You should also have a first aid kit and know how to perform basic first aid measures. You must also devise a plan for specific emergencies and practice them with your whole family. Fire drills are common examples, but you also need to plan for events specific to this area like snowdrifts, loss of power, HazMat incidents, etc. It is also important to make plans and a kit for when you are in the car. For more information and ideas see the website: www.ready.gov



Photo by 1st Lieutenant Darrick Lee

WINGMAN, CORNER POCKET!

Airman 1st Class Lauren Sixbey, Public Affairs, lines up a shot during the recreational portion of Air Force Space Command's Wingman focus day Nov. 12. Airmen received unit-level training as well as messages from leadership encouraging Airmen to look to fellow Airmen for support when needed. Adding a more missile-friendly note to the Wingman message, the wing commander reminded Warren: "life is a no-lone zone."

It's that time of year again, get your tickets for ...

SnoFest

Courtesy article

February 4 through 6.
Keystone Resort, Colo.
To reserve lodging at Keystone call 1-800-258-0437 and mention you are from Warren and use group code GZ7SNOW.
Outdoor Recreation has the party tickets for Friday night (Out of this World) and Saturday (Tropical Luau) night, \$12 per person. They sell out fast every year so get yours early!
Outdoor recreation also has the discount SnoFest lift tickets (\$32 and \$20 for ages 5 - 12) and the Liberty Pass on sale now.
The Liberty Pass (season pass) is only \$99 for adults and \$69 for children (ages 12 and younger). Available for active duty (includes reserve and national guard on active status) and immediate family members only. No blackout dates.
NASTAR ski and snowboard racing is offered on Friday and Saturday. Open, youth, teams (base limited to five teams, so Warren will enter teams by group affiliation), Commander's Challenge Broken Tip and the Commander's Cup.
NASTAR fees paid though sponsorship. Call Lorri Welsh at 773-2858 to sign up or for more information.
The Cardboard Derby is free and takes place on Saturday afternoon. Crafts must be built of only cardboard, tape, paper, rope and paint.
Non-skier tours on Friday and Saturday.
For more information look in the Warren Sentinel, inside the Insider section, Nov. 5 issue, for the complete SnoFest 2005 Guide show.

Gifts from the homefront

Support Troops While Lightning Load of Military Mail

Article courtesy of AAFES News Service

With the holidays quickly approaching, many Americans are searching for ways to reach out to troops stationed overseas. Anticipating a rush of mail from well-wishers, the Department of Defense announced last week that, "Due to security concerns and transportation constraints, the DOD no longer accepts items to be mailed to 'Any Servicemember.'"

Fortunately, those wishing to send support to troops overseas have another option. The Army & Air Force Exchange Service's "Gifts from the Homefront" and "Help Our Troops Call Home" programs allow anyone to make a direct contribution toward the morale of deployed troops without compromising security or increasing the strain on the military mail system.

DOD reports that some people have tried to avoid this prohibition by sending large numbers of packages to an individual servicemember's overseas address, which, according to the DOD, clog the mail system and cause unnecessary delays in delivery and military APO cannot guarantee delivery by a specific date due to processing constraints.

"Gifts from the Homefront" certificates, which can be purchased by any individual, business or civic organization, allow troops to purchase items of necessity and convenience

at PX and BX facilities around the world including 51 exchanges in Operations Iraqi and Enduring Freedom. The gift certificates may also be personalized with a message to troops who find themselves so far from home.

Because the gift certificates can be used for merchandise already stocked at contingency locations, "Gifts from the Homefront" are a safe alternative to traditional care packages that place unnecessary strain on the military mail system and present Force Protection issues. Servicemembers can purchase exactly what they need with the certificates because they can be applied to a wide range of products. Reports from Iraq and Afghanistan indicate that the certificates are being used for the latest CDs and DVDs, comfort items such as snacks and beverages and phone cards for those all-important calls home.

AAFES' Commander Maj. Gen. Kathryn Frost said "Gifts from the Homefront" and "Help our Troops Call Home" are excellent ways for all to show they care. "I encourage every American who is concerned about the welfare of deployed troops to buy a gift certificate or a phone card," said General Frost. "While these troops are doing superhuman tasks in countries half way around the world, we must remember that, after all, they too are human and the holidays can be a tough time to be away from friends and family.

Something as simple as a \$20 gift certificate or \$39 phone card can deliver the much-needed 'connection home' troops crave during the holiday season."

Those wishing to send "Gifts from the Homefront" can log on to www.aafes.com or call 1-877-770-4438. "Help Our Troops Call Home" phone cards are also available at aafes.com or by calling 1-800-527-2345. From there, the gift certificates and phone cards may be sent to an individual servicemember (designated by the purchaser) or distributed to "any servicemember" through the USO, American Red Cross, Air Force Aid Society or Fisher House.

"Gifts from the Homefront" and "Help Our Troops Call Home" phone cards can be addressed to "any servicemember."

The gift certificates can be redeemed at any AAFES facility in the world including 51 locations in Operations Iraqi and Enduring Freedom, including 29 in Iraq, 10 in Kuwait, five in Afghanistan, one each in Pakistan, Kyrgyzstan, Uzbekistan, and four in Qatar/United Arab Emirates/Djibouti.

The phone cards can be used at any of AAFES' 60 call centers throughout Operations Iraqi and Enduring Freedom. The "Help Our Troops Call Home" program offers the best value for troops who enjoy calls home from any of AAFES' 46 call centers in Iraq and Afghanistan.

You earned it ... wear it

Article courtesy of Air Force Personnel Service

The Air Force wants to assure Airmen that wear of eligible decorations is authorized, even if they are not currently reflected in the military personnel data system.

The affected decorations include the Korean Defense Service Medal, Gallant Unit Citation/Meritorious Unit Award, Global War on Terrorism Expeditionary Medal, and wear of the "V" device on the Distinguished Flying Cross for heroism.

"At this time, we do not have an estimate of

when the MilPDS system codes will be available for update," said Tech. Sgt. Jeff Simmons, NCOIC of the Recognition Programs Branch at the Air Force Personnel Center. "In the interim, we want to reconfirm that Airmen do not have to wait until the system is updated to wear the

decorations they have earned." But officials stress that Airmen need to ensure they meet the proper criteria prior to wearing any new decoration.

For more information, members can contact their local military personnel flight or call the Air Force Personnel Contact Center at (800) 616-3775.

CE construction corner

Landscape/Base Appearance

Replacing topsoil & reseeding bare spots along Randall Ave, minor traffic inconveniences may be experienced. Winter exclusion will affect many of our ongoing projects. Some work will stop until spring other work will continue as weather permits. Thank you for your continued patience.



Full Page ad



Photo by Airman First Class Connor Elayan

THESE COLORS NEVER RUN

... but they do march, side-by-side with other veterans in Torrington, Wyo., Saturday for a Veteran's Day parade. Senior Airman Alirio Flores, Honor Guard, represents Warren on the far right.

Asbestos and Lead Awareness Training

Quarterly awareness training for asbestos will be offered at the base theater Dec. 9 from 8 to 10 a.m. Lead-based paint awareness training will be offered directly following from 10 to 11:30 a.m. Anyone who is interested in this training is welcome to attend, but annual training is mandatory for:

- All facility managers, maintenance workers, custodial workers, project managers, and auto hobby shop personnel.

- Anyone assigned to the civil engineer squadron.

- Members of the maintenance squadron assigned to the offices: MMXGE, MMXFP, MMXFF, MXOPP, and MMXR.

- Anyone in the communications squadron who run lines,

- Any individuals performing self-help work, ,

- All personnel who have occasion to disturb building materials

- All Group and Squadron Commanders. Group and squadron commanders unable to attend may take an abbreviated computer based version instead, available at: O:/base information/90CES_information/Environmental/Commanders Lead and Asbestos Training.

Questions may be directed to Leilani Woods at 773-5495 or Mike Zak at 773-4358.

Combined Federal Campaign still unedrway

Who's representing you in the Combined Federal Campaign?

Base Project Officers
2nd Lt. Samuel Locke
2nd Lt. Jackie Morales

20th Air Force
Capt. Frank Reyes
20 AF

90th Space Wing
Staff Sgt. Marvin Morant

MSG
Maj. Dan Knight
90th Mission Support

Group
2nd Lt. Amanda Sickels
90 CONS
Capt. Christopher Kay
90 CONS (Alt.)
Staff Sgt. Paul Clarahen
90 CS
Airman 1st Class Lukas Moore
90 CS (Alt.)
2nd Lt. Joe Sundy
90 CE
1st Lt. Jeremy Paden
90 LRS
Staff Sgt. Sandra

Cichon
90 MSS
Staff Sgt. Misty Pacheco
90 SVS

Security Forces Group
2nd Lt. Tyrone Bess
90 SFG
2nd Lt. Matthew Fontaine
90 MSFS
2nd Lt. Tim Brady
790 MSFS
Senior Airman C. Walling

790 MSFS (Alt.)
Staff Sgt. Brandi Burns
90 SFS
Senior Airman Johnathen Henry
90 SSPTS

Operations Group
Capt. Ted Stille
90 OG
Staff Sgt. Zarah Hartsock
37 HF
1st Lt. Rachel Beard
319 MS
Tech. Sgt. Jeremy Finley
319 MS (Alt.)
Capt. Ted Stille
320 MS
Capt. David Jones
320 MS (Alt.)

2nd Lt. Nathan D. Houle
321 MS
2nd Lt. Alexander N. Keller
321 MS (Alt.)
2nd Lt. Stephen Gulasey
400 MS
2nd Lt. Dwayne Liller
400 MS (Alt.)
Capt. Michelle Gando
OSS
Maj. Lloyd Buzzell
OSS (Alt.)
1st Lt. Matthew Hlivko
OGV
1st Lt. Melissa Ward
OGV (Alt.)

Medical Group
Capt. Ebon Alley

90 MDG
Tech. Sgt. Lynette Burden
90 MDSS
Tech. Sgt. Kevin Frazier
90 MDSS (Alt.)
Staff Sgt. Christine Bellinghiere
90 MDOS
Airman 1st Class Ray Jimmerson
90 MDOS (Alt.)

Maintenance Group
1st Lt. Jennifer Anderson
90 MXG
Master Sgt. Jason Bundy
90 MMXS (Alt.)
2nd Lt. Paul Traher
90 MOS

6 by 6.5

Warren youth high bowlers

To sign your child up for youth bowling, call Agnes Colvin at 773-5172

Little Pee Wees Ages 3-5

Luke Seekamp 63 game 38 pins above average
Nicholas Jenkins 70 game 15 pins above average

Pee Wees Ages 4-6

Madisyn Bails 65 game 16 pins above average

Bantam-Preps

Michael Boyles 507 high series handicap
Briana Hurst 506 high series handicap
Chris Bray 181 high game handicap
JoAnn Mead 181 high game handicap

Junior-Majors

Jacob Alexander 686 high series handicap
Kayla Bates 604 high series handicap
Justin Auske 260 high game handicap
Sabrina Sawicki 230 high game handicap



Photo by Lorri Welsch

TO THE HOLE!

Besides being a lot of fun, youth sports helps children learn valuable life-lessons about competition, sportsmanship and teamwork. You don't have to be a great athlete to help these children have a good time. Call Youth Programs at 773-2564 to learn more.

Youth basketball registration deadline extended

Registration is from now until Wednesday

Remember, Warren's Youth Sports Basketball program is for children ages 5 to 14.

Cost

-\$40 for first child and
-\$35 for second child

This price includes

-All practices and games
-Teams Uniforms: NBA
replica jerseys & shorts
-Basketball T-shirt for

each player to keep

-Individual awards for
all kids
-NYSCA certified coaches
-End of the season ban-
quet

-Family field trip to see
pro and college games

-Ticket prices are
charged separate

Practice

Practice will begin Dec.
6.

All practices and games

will be held at the War-
ren Youth Center gym.
Practices times are from 5:
45 p.m. through 7:45 p.m.
Monday, Wednesday, Fri-
day and Saturday at 9 a.m.
to 1 p.m. Each team will
practice for one hour.

The season starts

Jan. 10

What team will my child be on?

All registered youth will
be assigned to a team by

Nov. 30. Then the coach
assigned to that team will
contact the parents and
notify them of team meet-
ings and practices.

Parents should always
contact the coaches first
concerning questions about
games and practices.

How many games will we play and when will the schedules be ready?

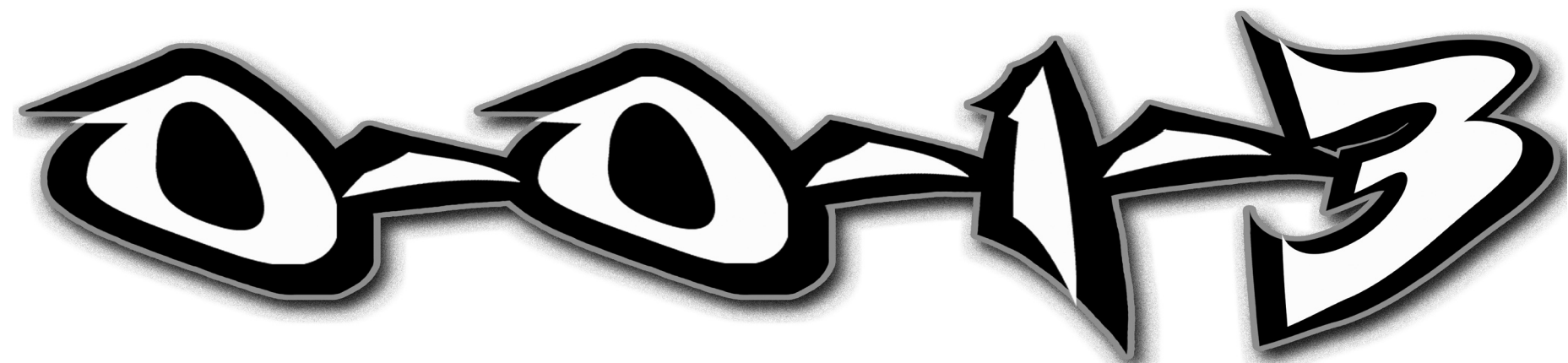
Each team will play ap-
proximately eight games.

All schedules will be issued
to the coaching staff and
available to parents by Dec.
17.

Coaches needed

We still need a few more
coaches to help with the
basketball teams. No expe-
rience required. Come help
make a difference in the
life of a child.

For more information,
contact Youth Programs
773-2564.



Treaty Compliance Helps "Trust & Verify"

Part of the reason the Air Force is reducing it's number of Intercontinental Ballistic Missiles is due to various presidential treaties. Basically, the United States promised to reduce its arsenal in an effort to encourage other nations to do the same. But how do other countries know that we're really doing our part to reduce our numbers? How do they 'trust, but verify' that all is well on America's ICBM homefront? Mr. Rex Ellis, chief of the Treaty Compliance Office, is part of a team responsible for giving foreign visitors the "warm-n-fuzzy" feeling they need to feel secure about the status of our weapons systems. Lt. Darrick Lee paid him a visit.

Most of us think that whenever someone utters the phrase "The Russians are coming," your office springs into action. What exactly do you do? We make sure wing is treaty compliant with all treaties ... not just the Strategic Arms Reduction Treaty. There's the Chemical Weapons Convention treaty, the Open Skies Treaty, and the now Moscow Treaty or SORT- Strategic Offensive Reduction Treaty. We track maintenance daily, because we have to report treaty-reportable issues for reporting to the Nuclear Risk Reduction Center in D.C.

That's definitely a unique responsibility. Are you DoD or Air Force employees? We are Air Force civil service employees and work directly for the wing commander, but our office is funded by Air Staff at the Pentagon. This ensures that the base has dedicated professionals ready at any time to report status or assist with compliance issues.

Where do you call home? I claim Panama City, Fla., but I've been at Warren for the past 20 years. I was active duty before I retired and my wife and I decided to stay.

What made you stick around? We like the outdoors and recreation. It's really a great community. I wouldn't move anywhere else in the world. **Any other hobbies?** I like camping and hiking. I am pursuing a master's degree, so that takes a lot of my time.

With such unique duties, how did you wind up working treaty compliance? My background is in munitions and maintenance from my active-duty time. Compliance positions used to be filled by active duty, but for continuity's sake, they moved them to civilian positions. Based on my prior experience, I seemed to be the right fit at the right time for the job. It would be difficult for an active-duty member to do this job as an 'additional duty' ... they need full-timers to handle this



Photo by 1st Lieutenant Darrick Lee

Mr. Rex Ellis is the Chief of the Treaty Compliance Office.

responsibility.

So, in a nutshell, what happens when we hear, "The Russians are coming?" We notify all responsible areas and coordinate the itinerary and briefings necessary to provide a concise brief to the inspection team. The details run the full gamut -- from identifying the location of weapons to securing meals and lodging. We strive to show them consistency in our compliance. We have a saying: "Same is good, different is bad," meaning that we want to show them during each visit that the status of our compliance is always the same.

How exactly is the base's track record in regards to compliance? Warren's compliance has always been 'top-notch.' The inspection teams know about us, and really enjoy coming here. They speak highly of the professionalism of our Airmen and our office's ability to facilitate a smooth inspection. All Warren units are very accommodating and do all of the required training to make sure we can do our jobs to expedite the inspection team's visit.

What happens when the START treaty is over? The treaty is in its 10th year. The treaty doesn't go on forever. It runs until 2009. We're not sure exactly what

will happen, but we know that a treaty may need to be extended or amended. That's something that happens at the presidential level, so we'll have to see what the future holds.

There are many jobs that the average civilian does not know about or see within a military unit or base. What does your office bring to the table regarding our military readiness? Without this office, the base would not be able to comply with all aspects of treaty requirements. It's much more than just dealing with the visitors during inspections. We provide 100 percent accountability to higher headquarters so they can let other countries know we're upholding our end of the deal regarding our weapons programs. We are the team that lets other countries "trust, but verify."

Final thoughts? It's a pleasure to work in this office at Warren. This job is fun and Marty [Whalen] and I enjoy working with all of the people. We thank all of the Airmen who do a great job in support of our ICBMs, because it reflects greatly on our nation, especially when our team is conducting an inspection.

Thanks for helping to keep us in compliance, and thanks for chatting with the Sentinel. Anytime.

This page is reserved for outstanding Warren members who may not always get the recognition they deserve.

Red Cross swim lessons

Red Cross swim lessons begin Monday and Nov. 29, Monday, Wednesday and Friday, 5 to 6:30 p.m. The cost is \$21 (\$16 with family swim pass). classes start tomorrow and Dec. 4, 9 to 10 a.m. The cost is \$15.

Olympia swim lessons

Has your child accelerated rapidly through traditional swim lessons but doesn't want to join a swim team yet? Or does your child need stroke improvement? Olympia gives students help with stroke development and preparation for a swim team. New classes are Tuesday and Thursday, 5:30 to 6:30 p.m. starting Dec. 7. The cost is \$24 per

session - eight half-hour lessons. Call the Aquatic Center at 773-3195.

Did someone say snow?

If it's out there, we'll find it. Bring your visiting holiday company on a ski trip with Outdoor Recreation the day after Thanksgiving, Nov. 26. The cost is \$45 per person and includes skis, boots and poles. For an additional \$5 take a snowboard instead (blades also available). Always a popular trip, sign-ups limited to first 14 customers, so sign up early. The location is to be announced. For more information, call 773-2988.

Transmission flush special at Auto Skills**Center**

Save \$10 on a transmission flush during November. Call 773-3869 for an appointment.

Pie Festival at Child Development Center

All children and parents of children enrolled in the CDC are invited to a pie festival today at 3 p.m. For more information, call 773-2331.

Family circuit training at Freedom Hall

All base families are invited to the Family Circuit Training at Freedom Hall Nov. 20, 10 a.m. Deadline to register is Nov. 17. Enjoy shaping up with the entire family. Experience some fun with fitness rolls, jumping jacks, balancing acts and ball tosses. This is

for everyone ages 6 and older. Lots of goodies will be given away including hats, T-shirts and gym bags. For more information, call 773-6172.

Family Swim at the Aquatic Center

Family Swim is every Saturday, 1 to 5 p.m. Pay no more than \$10 for immediate family members only. For more information, call 773-3195.

Outdoor Recreation offers a ski trip!

Always a local favorite, Snowy Range Ski Area will be our skiing destination for the Thanksgiving holiday weekend, Nov. 28. It's close, affordable and our staff expert will be available for free snowboard instruction (first 10 to

sign up). The cost is \$35 per person and includes ticket, equipment and transportation. Call 773-2988 for more information.

Skills Development Center family activities

Have a professional family portrait taken by our photographer and receive 15 percent discount on framing. What a great holiday gift for those back home. Call for an appointment on Nov. 17. Handcrafted gifts make a very meaningful present. Start on your holiday projects and save 20 percent on all holiday ceramic greenware you can paint during the month of November. For more information, call 773-3166.

6 by 6



Arrive Alive



Have you ever found yourself in a situation where you didn't think you could get home safely? Arrive Alive now offers safe, free transportation. Just call 433-1661 between 6 p.m. and 6 a.m. and receive a free ride with a valid military ID. Arrive Alive cards will be distributed during Right Start and at the First Term Airman Center and will also be available from your first sergeants.



Illustration by Airman 1st Class Nathaniel Turner

Hey, folks! I'm Antoine. You've probably honked at me once or twice out on Randall Avenue. As you know, we antelope are all over the base, so we pretty much know everything there is to know about Warren. Ask me a question by e-mailing Sentinel@warren.af.mil.

A reader asks:

Dear Antoine: It's almost Thanksgiving. Do Antelope celebrate the holidays?

Um, no. But I *am* thankful that they call it "Turkey Day" instead of Antelope Day.

Got missile trivia?



November 1933: The United States and the Soviet Union established diplomatic relations. President Roosevelt sent a telegram to Soviet leader Maxim Litvinov, expressing hope that U.S.-Soviet relations would "forever remain normal and friendly."

November 1956: Vandenberg was selected as the first ICBM base. The Department of Defense transferred the northern portion of Camp Cooke, Calif. (now Vandenberg AFB), to the Air Force to be used as an ICBM base. The Secretary of Defense directed the United States Army to transfer 64,000 acres of Camp Cooke's 86,000 acres to the Air Force.

November 1961: The first successful underground silo launch of a Minuteman ICBM took place at Cape Canaveral, Florida. The missile flew 3,000 miles down the Atlantic Missile Range with a successful impact in the target site.

November 1969: Soviet and U.S. negotiators met in Helsinki to begin the Strategic Arms Limitation Talks (SALT). The meeting was the climax of years of discussions between the two nations concerning the means to curb the Cold War arms race. Talks centered around two main weapon systems: anti-ballistic missiles (ABM) and multiple independent re-entry vehicles (MIRVs- missiles with multiple warheads, each capable of striking different targets) on ICBMs.

